Weeks	BEGINNER	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
22	July 4-10	1	Rest	1	Rest	Rest	1	Rest	**3**
21	July 11-17	1	Rest	2	Rest	Rest	1	Rest	**4**
20	July 18-24	1	Rest	2	1	Rest	1	Rest	**5**
19	July 25-31	1	Rest	2	1	Rest	2	Rest	**6**
18	August 1-7	1	Rest	2	1	Rest	2	Rest	**6**
17	August 8-14	1	Rest	2	1	Rest	2	Rest	**6**
16	August 15-21	2	Rest	3	1	Rest	3	Rest	**9**
15	August 22-28	2	Rest	3	2	Rest	4	Rest	**11**
14	August 29-September 4	3	Rest	3	2	Rest	5	Rest	**13**
13	September 5-11	2	Rest	2	1	Rest	3	Rest	**8**
12	September 12-18	3	Rest	4	2	Rest	6	Rest	**15**
11	September 19-25	4	Rest	4	3	Rest	4	Rest	**15**
10	September 26-October 2	4	Rest	4	3	Rest	8	Rest	**19**
9	October 3-9	2	Rest	3	2	Rest	5	Rest	**12**
8	October 10-16	4	Rest	4	3	Rest	9	Rest	**20**
7	October 17-23	4	Rest	4	3	Rest	10	Rest	**21**
6	October 24-30	3	Rest	3	2	Rest	7	Rest	**15**
5	October 31-November 6	4	Rest	5	3	Rest	12	Rest	**24**
4	November 7-13	4	Rest	5	3	Rest	8	Rest	**20**
3	November 14-20	4	Rest	5	3	Rest	13	Rest	**25**
2	November 21-27	3	Rest	4	2	Rest	7	Rest	**16**
1	November 28-December 4	3	Rest	3	2	Rest	Rest	**13.1**	**21.1**

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Weeks	EXPERIENCED	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
22	July 4-10	3	Rest	3	2	Rest	3	Rest	**11**
21	July 11-17	3	Rest	3	2	Rest	3	Rest	**11**
20	July 18-24	3	Rest	3	2	Rest	4	Rest	**12**
19	July 25-31	3	Rest	3	2	Rest	3	Rest	**11**
18	August 1-7	3	Rest	3	2	Rest	4	Rest	**12**
17	August 8-14	2	Rest	3	2	Rest	4	Rest	**11**
16	August 15-21	3	Rest	3	2	Rest	5	Rest	**13**
15	August 22-28	3	Rest	4	3	Rest	6	Rest	**16**
14	August 29-September 4	4	Rest	4	3	Rest	7	Rest	**18**
13	September 5-11	2	Rest	3	3	Rest	5	Rest	**13**
12	September 12-18	4	Rest	5	2	Rest	8	Rest	**19**
11	September 19-25	4	Rest	6	3	Rest	6	Rest	19
10	September 26-October 2	4	Rest	6	3	Rest	10	Rest	**23**
9	October 3-9	2	Rest	4	2	Rest	7	Rest	**15**
8	October 10-16	4	Rest	6	3	Rest	11	Rest	**24**
7	October 17-23	4	Rest	6	4	Rest	12	Rest	**26**
6	October 24-30	3	Rest	5	3	Rest	8	Rest	**19**
5	October 31-November 6	4	Rest	6	4	Rest	14	Rest	**28**
4	November 7-13	4	Rest	6	4	Rest	9	Rest	**23**
3	November 14-20	4	Rest	6	4	Rest	15	Rest	**29**
2	November 21-27	3	Rest	5	3	Rest	7	Rest	**18**
1	November 28-December 4	3	Rest	3	2	Rest	Rest	**13.1**	**21.1**

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Weeks	ADVANCED	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
27	May 30-June 5	4	Rest	4	3	Rest	5	3	**19**
26	June 6-12	4	Rest	4	3	Rest	6	3	**20**
25	June 13-19	4	Rest	4	3	Rest	7	3	**21**
24	June 20-26	4	Rest	4	3	Rest	6	3	**20**
23	June 27-July 3	4	Rest	4	3	Rest	7	3	**21**
22	July 4-10	5	Rest	5	4	Rest	6	4	24
21	July 11-17	5	Rest	5	4	Rest	7	4	**25**
20	July 18-24	5	Rest	5	4	Rest	8	4	**26**
19	July 25-31	5	Rest	5	4	Rest	9	4	**27**
18	August 1-7	3	Rest	6	4	Rest	7	4	**24**
17	August 8-14	5	Rest	6	4	Rest	10	4	**29**
16	August 15-21	4	Rest	5	3	Rest	6	3	21
15	August 22-28	5	Rest	6	4	Rest	11	4	**30**
14	August 29-September 4	5	Rest	7	4	Rest	6	4	**26**
13	September 5-11	5	Rest	6	4	Rest	12	4	**31**
12	September 12-18	4	Rest	7	3	Rest	7	3	**24**
11	September 19-25	5	Rest	6	4	Rest	13	4	32
10	September 26-October 2	5	Rest	7	4	Rest	8	4	**28**
9	October 3-9	5	Rest	6	4	Rest	14	4	**33**
8	October 10-16	3	Rest	5	3	Rest	8	3	**22**
7	October 17-23	5	Rest	7	4	Rest	15	3	**34**
6	October 24-30	3	Rest	5	3	Rest	9	3	**23**
5	October 31-November 6	5	Rest	7	4	Rest	15	3	**34**
4	November 7-13	5	Rest	7	4	Rest	9	3	**28**
3	November 14-20	5	Rest	7	4	Rest	15	3	**34**
2	November 21-27	3	Rest	6	3	Rest	7	3	**22**
1	November 28-December 4	3	Rest	3	2	Rest	Rest	**13.1**	**21.1**

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Weeks	BEGINNER	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
22	July 4-10	1	Rest	1	Rest	Rest	1	Rest	**3**
21	July 11-17	1	Rest	2	Rest	Rest	2	Rest	**5**
20	July 18-24	2	Rest	2	1	Rest	3	Rest	**8**
19	July 25-31	2	Rest	3	1	Rest	4	Rest	**10**
18	August 1-7	2	Rest	3	2	Rest	5	Rest	**12**
17	August 8-14	3	Rest	3	2	Rest	6	Rest	**14**
16	August 15-21	2	Rest	2	1	Rest	4	Rest	**9**
15	August 22-28	3	Rest	4	2	Rest	8	Rest	**17**
14	August 29-September 4	4	Rest	4	2	Rest	6	Rest	**16**
13	September 5-11	4	Rest	4	3	Rest	10	Rest	**21**
12	September 12-18	2	Rest	3	2	Rest	6	Rest	**13**
11	September 19-25	4	Rest	5	3	Rest	12	Rest	**24**
10	September 26-October 2	5	Rest	5	3	Rest	8	Rest	**21**
9	October 3-9	5	Rest	6	3	Rest	14	Rest	**28**
8	October 10-16	3	Rest	3	2	Rest	10	Rest	**18**
7	October 17-23	5	Rest	6	4	Rest	16	Rest	**31**
6	October 24-30	6	Rest	6	4	Rest	12	Rest	**28**
5	October 31-November 6	6	Rest	6	4	Rest	18	Rest	**34**
4	November 7-13	3	Rest	4	3	Rest	14	Rest	**24**
3	November 14-20	6	Rest	6	4	Rest	21	Rest	**37**
2	November 21-27	4	Rest	4	3	Rest	7	Rest	**18**
1	November 28-December 4	4	Rest	3	2	Rest	Rest	**26.2**	**35.2**

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Weeks	EXPERIENCED	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
22	July 4-10	3	Rest	3	2	Rest	5	2	**15**
21	July 11-17	3	Rest	4	2	Rest	6	2	**17**
20	July 18-24	4	Rest	4	3	Rest	7	2	**20**
19	July 25-31	4	Rest	4	3	Rest	8	2	**21**
18	August 1-7	4	Rest	5	3	Rest	9	3	**24**
17	August 8-14	4	Rest	5	3	Rest	10	3	**25**
16	August 15-21	2	Rest	3	2	Rest	6	2	**15**
15	August 22-28	4	Rest	6	3	Rest	12	3	**28**
14	August 29-September 4	5	Rest	6	3	Rest	8	3	**25**
13	September 5-11	5	Rest	6	3	Rest	14	3	**31**
12	September 12-18	3	Rest	4	2	Rest	9	2	**20**
11	September 19-25	**5**	**Rest**	**6**	**3**	**Rest**	**16**	**3**	**33**
10	September 26-October 2	5	Rest	6	4	Rest	11	4	**30**
9	October 3-9	5	Rest	6	4	Rest	18	4	**37**
8	October 10-16	3	Rest	4	2	Rest	13	2	**24**
7	October 17-23	5	Rest	6	4	Rest	20	4	**39**
6	October 24-30	5	Rest	6	4	Rest	15	4	**34**
5	October 31-November 6	5	Rest	6	4	Rest	22	4	**41**
4	November 7-13	3	Rest	4	2	Rest	14	2	**25**
3	November 14-20	5	Rest	6	4	Rest	20	4	**39**
2	November 21-27	3	Rest	4	3	Rest	7	2	**19**
1	November 28-December 4	3	Rest	3	2	Rest	Rest	**26.2**	**34.2**

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Week	ADVANCED	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total(Miles)
27	May 30-June 5	4	Rest	4	3	Rest	7	3	**21**
26	June 6-12	4	Rest	4	3	Rest	8	3	**22**
25	June 13-19	4	Rest	4	3	Rest	9	3	**23**
24	June 20-26	4	Rest	4	3	Rest	10	3	**24**
23	June 27-July 3	4	Rest	4	3	Rest	8	3	**22**
22	July 4-10	5	Rest	5	4	Rest	11	4	29
21	July 11-17	5	Rest	6	4	Rest	8	4	**27**
20	July 18-24	5	Rest	6	4	Rest	12	4	**31**
19	July 25-31	5	Rest	6	4	Rest	13	4	**32**
18	August 1-7	3	Rest	7	4	Rest	9	4	**27**
17	August 8-14	5	Rest	7	4	Rest	15	4	**35**
16	August 15-21	4	Rest	5	3	Rest	10	3	25
15	August 22-28	5	Rest	7	4	Rest	17	4	**37**
14	August 29-September 4	6	Rest	7	4	Rest	10	4	**31**
13	September 5-11	6	Rest	8	4	Rest	18	4	**40**
12	September 12-18	4	Rest	6	3	Rest	12	3	**28**
11	September 19-25	5	Rest	7	4	Rest	20	4	40
10	September 26-October 2	5	Rest	7	4	Rest	13	4	**33**
9	October 3-9	5	Rest	7	4	Rest	20	4	**40**
8	October 10-16	3	Rest	5	3	Rest	14	3	**28**
7	October 17-23	5	Rest	7	5	Rest	22	4	**43**
6	October 24-30	5	Rest	7	4	Rest	15	4	**35**
5	October 31-November 6	5	Rest	7	5	Rest	20	4	**41**
4	November 7-13	3	Rest	5	3	Rest	14	3	**28**
3	November 14-20	5	Rest	7	5	Rest	20	4	**41**
2	November 21-27	4	Rest	5	3	Rest	8	3	**23**
1	November 28-December 4	4	Rest	3	2	Rest	Rest	**26.2**	**35.2**

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